

Instructions to find “In Network” MetLife dental providers

Go to <https://www.metdental.com/prov/execute/home>

- upper right corner under “Quick Links” is a link to “Find a Dentist or Specialist” (click on)
- In the Network Type box, select PDP Plus
- In the “Location” box, enter your zip code and select how many miles you’d like to search
- At this point you can click the orange “Search” box (lower right – scroll down) or further refine your search in the “More Search Options” box for a specific dentist by name or other language/gender/specialty preferences/ whether they’re accepting new patients, etc. and also choose how to sort the results (distance or name of provider).